

Have you met your Digital Coach?

Welcome to your Digital Coach

Designed to inspire, motivate and introduce healthy lifestyle actions to your daily routine.

Your Digital Coach features:

- Insightful articles
- Games
- Videos
- And more to keep you on the path to a happier, healthier you!



The tools are fun and easy to use! With over 150 topics, you will start to build healthy habits one step at a time.

And, your Digital Coach is available 24/7 from your laptop, tablet or smartphone.

Big health improvements start with small changes, so get started with your digital coach today!

Log in to www.MyActiveHealth.com/Mississippi Click on **Dashboard** Click **Digital Coach**

